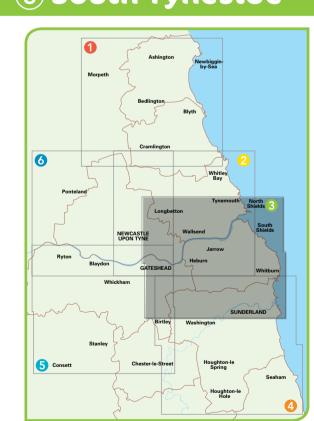




Double sided map with hundreds of miles of routes

3 South Tyneside



This map series covers the

- South East Northumberland Tel: 0345 600 6400
- North Tyneside Tel: 0191 643 6086
- 3 South Tyneside Tel: 0191 424 7665
- Tel: 0191 561 2450 5 Gateshead

Sunderland

Tel: 0191 4333108 6 Newcastle upon Tyne Tel: 0191 277 8958

Please cycle esponsibly, accordin to the Highway Code

The Councils of Tyne and Wear and Northumberland are developing a network of cycle routes to all local areas, linking homes to employment, shops, education, recreation and medical facilities. For more information and ideas about cycling visit:

www.ctc.org.uk

www.gosmarter.co.uk

- www.northumberland.gov.ukwww.southtyneside.info
- www.northtyneside.gov.ukwww.gateshead.gov.uk www.sunderland.gov.uk/cycling www.newcastle.gov.uk

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Welcome to the South Tyneside cycle map, and its surrounding area. This map is one of six in total, covering the whole of Tyne and Wear and South East Northumberland. The other five maps are

- North Tyneside
- Newcastle upon Tyne
- Gateshead
- Sunderland
- South East Northumberland

Whether you are cycling for business or pleasure, we trust that this map will help you to travel from A to B by bike safely and efficiently, using our ever expanding network of on- and off-road cycle routes.

South Tyneside

Whether you cycle for pleasure, fitness or travel, the cycle network provides for all types of cyclist.

For the everyday cyclist the borough provides an extensive network of on and off road cycle routes that can be used for travel to work and school, or simply to enjoy the views. The borough's wide variety of cycle routes passes through many historic, scenic and interesting

The National Cycle Network takes you around the perimeter of the borough where you can enjoy the views of Hebburn Riverside Park, a taste of what is left of ship building on the Tyne, the history of the Anglo Saxon Bede's World at Jarrow, a journey on the South Shields Ferry, or a breathtaking ride along the North East coast, passing the popular tourist attractions of Marsden Rock, Souter Lighthouse and panoramic sea views.

This cycle map will help you to plan your routes within the Borough, schools and places of employment, and will also show you how to access the coast, the River Wear and Tyne, to country parks, local nature reserves and places of interest.

If you have suggestions for cycling in South Tyneside regarding cycle maintenance or general cycling queries, please contact:

Trevor Mackie Parking Services

Tel: 0191 424 7665

Email: trevormackie@southtyneside.gov.uk

For cycle strategy or future cycling network please contact:



ransport Policy Officer

South Tyneside Council







Go Smarter is the sustainable transport programme for Tyne and Wear. Go Smarter encourages people to travel sustainably on their daily journeys to school and work. Go to www.gosmarter.co.uk for more information and to use the Go Smarter journey planner.